



***Eat Montana Foods!***



The recipes in this brochure  
are just a sampling of how you can fit  
Montana foods into a healthy diet.



An \* next to an ingredient indicates  
that the food is from Montana.

Check with your local grocer on the  
availability of specific items.

# Why Buy Locally Grown Food?



*Freshness and taste* - Think of biting into a ripe Flathead cherry or slicing into a juicy tomato from a local farmers' market.

*Healthy options* – What could be healthier than fruit and vegetables, whole grains, low-fat dairy and lean meat from Montana?

*Local support* - "Put your money where your mouth is." Buying food from Montana supports our area ranchers and growers.

**Agriculture is Montana's #1 industry and contributes over \$2 billion to the state.**

*A return to tradition* – Fifty years ago, a majority of the food that Montanans ate was grown in our state. When you know where your food comes from, it gives you a closer connection to the land.

*What does "locally grown" mean?*

For Montana, we mean any food that is raised or grown within our state.

# What can you do?

- ✓ **Join other Montanans by taking the challenge** to eat more locally grown food.
- ✓ **Ask your grocery store or bakery to post signs** next to foods that are from Montana. Have your favorite restaurant signify Montana foods on the menu.
- ✓ **Contact AERO** (Alternative Energy Resources Organization) at (406) 443-7272 to request their free *Abundant Montana* directory of growers, locally grown products and farmers' markets.
- ✓ **Visit one of Montana's farmers' markets.**
- ✓ **Look for the "Grown in Montana" and "Made in Montana" logos** on products when you're shopping.
- ✓ **Ask your grocer to stock Montana foods** whenever possible. Give them AERO's *Abundant Montana* directory for ideas.
- ✓ **Shop at a food co-op**, if one is available in your community.
- ✓ **Talk with your school district** to develop policies that advocate the purchase of Montana foods for school meals.
- ✓ **Work with your community**--City Council, church, local college or senior center--to start up a community garden.

*What if Montana foods cost a little more?*

Think of the contribution you make to our state's economy and the quality product you're buying.

# Grains

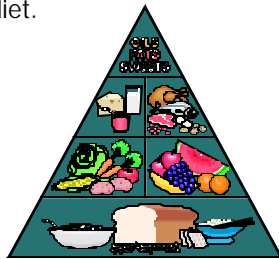
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Wheat and other wheat products are Montana's top agricultural export.



The wheat that Montana produces each year would make enough loaves of bread to reach **the moon** and back five times.

- ❖ Let the Food Pyramid be your guide when choosing a healthy diet. Eat a variety of grains, especially whole grains.



- ❖ Whole grains--like whole wheat bread, oatmeal, brown rice, and whole wheat tortillas--are high in fiber and may help lower your risk of coronary heart disease and some types of cancer.
- ❖ Grains are fortified with folic acid, a B-vitamin that helps prevent birth defects.

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## Zucchini Bread

### Ingredients:

2 eggs plus 2 egg whites, beaten\*  
½ cup sugar  
1 cup brown sugar, packed  
½ cup vegetable oil  
1 tablespoon honey\*  
2 cups zucchini, shredded\*  
2 teaspoons baking soda  
1/2 teaspoon baking powder  
1 teaspoon salt  
2-3/4 cups Wheat Montana Natural White flour\*  
1/3 cup pecans, chopped

1. Preheat oven to 350 degrees F.
2. Beat together the eggs, egg whites, sugars, oil and honey until foamy and thick. Stir in shredded zucchini.
3. Stir in baking soda, baking powder, salt and flour; mix well. Add pecans.
4. Spoon batter into two lightly oiled and floured 9x5x3" loaf pans.
5. Bake in a 350-degree oven for 30-45 minutes. Cool 10 minutes before removing from pans. Place on wire rack.

Makes 2 loaves or 24 slices (1 slice = 1 serving).

**Nutrient Information (per serving):** 152 calories, 6 g. fat (0.6 g. saturated), 223 mg sodium

At some stores in Montana, you can  
now grind your own whole wheat  
flour. Look in the flour aisle.

\*Indicates a Montana food. Check with your local grocer.

# ***Fruit and Vegetables***

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## **From "A to Z"**

From asparagus to zucchini and everything in between, Montana's farmers grow a wide variety of produce. In 1997, vegetable crops were worth over \$1.5 million.

Montana's huckleberry sales are booming. The industry has actually been around since the 1930s.

- ❖ Enjoy at least *five* servings of fruit and vegetables a day. Produce has plenty of phytochemicals and vitamins A and C, which may help lower your risk of cancer. Choose dark green leafy vegetables and deep-colored fruit.
- ❖ Fresh, frozen, canned, dried - most produce is low in fat. To increase your fiber intake, choose more whole or cut-up fruit and vegetables, instead of juices.
- ❖ For the best prices, buy fresh produce in season.
- ❖ The DASH diet--rich in fruit and vegetables (8-10 daily servings) and dairy products--may help control high blood pressure. Talk to your doctor and a registered dietitian for details.

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## Chocolate Raspberry (or Huckleberry) Delight

### Ingredients:

2 cups 1% chocolate milk\*  
2 cups low fat vanilla ice cream  
2 tablespoons seedless raspberry (or huckleberry) preserves\*  
2 mint sprigs and raspberries\* or huckleberries\* for garnish (optional)

1. Place chocolate milk, ice cream and preserves in a blender.
2. Cover and process until smooth.
3. Pour into chilled glasses. Garnish with mint sprigs and raspberries, if desired.

Makes 2 servings. Source: Western Dairy Council

**Nutrient Information (per serving):** 406 calories, 7 g. fat (4 g. saturated), 260 mg sodium, 491 mg calcium. (To reduce the fat, use fat-free ice cream)

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## Fresh Fruit Parfait

### Ingredients:

1 cup plain nonfat yogurt\*  
2 tablespoons honey\*  
1 teaspoon vanilla  
½ teaspoon cinnamon  
2 medium bananas, sliced  
2 cups strawberries, sliced\*

1. Combine yogurt, honey, vanilla and cinnamon.
2. Layer bananas and strawberries in parfait glasses with sauce between each layer.

Makes 2 servings. Source: Adapted from Western Dairy Council recipe

**Nutrient Information (per serving):** 289 calories, 1 g. fat (0.1 g. saturated), 91 mg sodium, 241 mg calcium.



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## Burgandy beef and vegetable stew

### Ingredients:

1-1/2 pounds beef eye round*	1/2 cup Burgandy wine (optional)
1 tablespoon vegetable oil	3 large cloves garlic, crushed*
1 teaspoon dried thyme leaves	1-1/2 cups carrots, chopped*
1/2 teaspoon salt	1 cup onion, chopped*
1/2 teaspoon pepper	2 tablespoons cornstarch, dissolved in 2 tablespoons water
1 can (13-3/4 ounces) ready-to-serve beef broth	1 cup peas*

1. Trim fat from beef, cut into 1-inch pieces. In Dutch oven, heat oil over medium high heat until hot. Add beef (half at a time) and brown evenly, stirring occasionally. Pour off drippings. Season with thyme, salt and pepper. Stir in broth, wine and garlic. Bring to a boil; reduce heat to low. Cover tightly and simmer 1-1/2 hours.
2. Add carrots and onions. Cover and continue cooking 35 to 40 minutes or until beef and vegetables are tender.
3. Bring beef stew to a boil over medium-high heat. Add cornstarch mixture; cook and stir 1 minute. Stir in peas. Reduce heat to medium and cook 3 to 4 minutes or until peas are heated through.

Makes 6 servings (serving size: 1 cup). Source: Montana Beef Council

**Nutrient Information (per serving):** 237 calories, 7 g. fat (2 g. saturated), 479 mg sodium.

# Dairy

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Cow spots are like fingerprints -  
no two cows have the same  
pattern of spots.



There are approximately 150 dairy producers  
in Montana. Our state produces enough milk  
to fill **434 swimming pools** each year.

- ❖ Most 18- to 30-year-old women don't get enough calcium in their diet. The calcium in dairy foods may help reduce the risk of osteoporosis, high blood pressure and colon cancer.
- ❖ Choose low-fat dairy products like skim or 1% milk, fat-free yogurt, and part-skim mozzarella cheese.
- ❖ Don't like drinking milk? Whip up a smoothie.

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## Berry Smoothie

### Ingredients:

1 cup cold skim milk *	¼ cup strawberries, frozen *
1 banana, frozen (or fresh banana and ½ cup ice)	1 cup vanilla or berry-flavored fat-free yogurt *

1. Place milk, banana, strawberries and yogurt in a blender. Cover and process until smooth. Pour into a chilled glass.

Makes 1 serving. Source: Western Dairy Council

**Nutrient Information (per serving):** 407 calories, 1 g. fat (0.5 g. saturated), 249 mg sodium, 514 mg calcium.

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## Strawberry Frozen Yogurt

### Ingredients:

1 envelope unflavored gelatin	2 cups fresh sliced strawberries*
¼ cup cold water	
½ cup sugar	4 cups plain nonfat yogurt *

1. In a small saucepan, sprinkle gelatin over cold water. Stir over low heat to dissolve.
2. Put strawberries, sugar and yogurt in a blender. Cover and blend on high until smooth. Add dissolved gelatin. Cover and blend again. Pour into a 13x9" glass baking dish. Freeze one hour until mixture is partially frozen.
3. Spoon mixture into a large chilled bowl. Beat with electric mixer on low speed about 30 seconds until smooth and airy, but not completely thawed. Do not overbeat. Mixture will contain some ice crystals. Place in a 1-1/2 quart freezer container. Cover and freeze 1 to 2 hours until mixture is soft or semi-frozen.

Makes 12 ½-cup servings. Source: Adapted from Agriculture in Montana Schools recipe

**Nutrient Information (per serving):** 124 calories, 0.3 g. fat (0 g. saturated), 66 mg sodium, 154 mg calcium.

# Eggs

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Most eggs are delivered to the store within 36 hours of being laid.



- ❖ The American Heart Association allows up to four eggs a week as part of a heart-healthy diet.
  - ❖ To decrease the fat and dietary cholesterol when baking, use two egg whites for each whole egg called for in the recipe.
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## Blackberry Pancakes

### Ingredients:

1 cup plain nonfat yogurt *	1 teaspoon baking powder
1 egg*	½ teaspoon baking soda
½ teaspoon vanilla	1 cup blackberries* (or
1 cup whole wheat flour*	huckleberries*), washed and
1 tablespoon sugar	drained

1. In a large bowl, combine yogurt, egg and vanilla.
2. In a separate bowl, combine remaining ingredients.
3. Mix dry ingredients into bowl with liquid ingredients.
4. Fold in blackberries or huckleberries.
5. Pour ¼ cup of batter onto a hot, nonstick griddle. When bubbles begin to burst on first side, flip and cook other side of pancake until golden brown. Serve warm.

Makes 12 pancakes (four servings). Source: Western Dairy Council

**Nutrient Information (per serving):** 187 calories, 2 g. fat (1 g. saturated), 222 mg sodium, 150 mg calcium.

# Beef



A steer weighing 1,150 pounds yields 568 pounds of retail beef cuts.

Nationally, Montana has the sixth largest inventory of beef cows.

- ❖ A 3-ounce serving of meat is the size of a deck of cards.
- ❖ Choose lean cuts of meat ~ look for the words “loin” and “round” on the label.
- ❖ Trim the fat from meat before cooking, and you’ll cut the fat up to 50 percent.

**BEEF**

**IT'S WHAT'S FOR DINNER**

**It's Got What You Need.**  
When it comes to nutrition, some foods have a competitive advantage. To get the same amount of key nutrients found in a 3-ounce serving of beef, check out how much you need to eat of these other popular food sources.

<b>Zinc</b>	≈	12 (3.25-ounce) cans of tuna
		
<b>B12</b>	≈	7 chicken breasts
		
<b>Iron</b>	≈	3 cups of spinach
		
<b>Riboflavin</b>	≈	2 1/3 chicken breasts
		
<b>Thiamin</b>	≈	2 chicken breasts
		

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 **BEEF** 

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## Quick fajitas with pico de gallo

### Ingredients:

1 pound well-trimmed  
boneless beef top round  
steak, cut ¾-inch thick\*  
8 small flour tortillas  
Lime wedges (optional)  
Cilantro sprigs (optional)

2 teaspoons vegetable oil  
2 large cloves garlic, crushed\*

### Pico de Gallo:

1 cup seeded, chopped  
tomato\*  
½ cup diced zucchini\*  
¼ cup chopped fresh cilantro  
¼ cup prepared picante  
sauce or salsa\*  
1 tablespoon fresh lime juice

### Marinade:

2 tablespoons fresh lime  
juice

1. Place beef steak in plastic bag; add marinade ingredients, turning to coat. Close bag securely and marinate in refrigerator 20-30 minutes, turning once. Wrap tortillas securely in heavy-duty aluminum foil.
2. In medium bowl, combine Pico de Gallo ingredients, mixing well.
3. Remove steak from marinade; discard marinade. Place steak on grill over medium, ash-covered coals. Grill steak, uncovered, 8-9 minutes for medium rare to medium doneness, turning occasionally. During the last 5 minutes, place tortilla packet onto outer edge of grill, turning occasionally.
4. Trim fat from steak, carve crosswise into very thin slices. Serve beef in tortillas with Pico de Gallo.

Makes 4 servings (serving size: 2 filled tortillas and 1/3 cup Pico de Gallo) Source: Montana Beef Council

**Nutrient Information (per serving):** 338 calories, 8 g fat (2 g saturated fat), 475 mg sodium

*Check out this Web site for kids ~ [www.burgertown.com](http://www.burgertown.com)*

**Many thanks to our Eat Right Montana...  
Eat Montana Foods contributors:**

Agriculture Development Council

Agriculture in Montana Schools

Alternative Energy Resources Organization

Montana Beef Council

Montana State University Extension

State of Montana:  
Department of Agriculture  
Department of Commerce  
Department of Public Health and Human Services

Western Dairy Council

Wheat Montana

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